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## KATHY SMITH'S ADVANCED KETTLEBELL SOLUTION



- One 10 lb. soft kettlebell
- One 15 lb. soft kettlebell
- 75 minute workout DVD: 4 workouts in one DVD to burn fat and target upper body, buns and thighs, core
- Includes The Kathy Smith Nutrition Solution and Kettlebell Workout Wall Chart

Light weight and sand filled

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**STAMINA**  
PRODUCTS, INC.